

MAKING MONEY WITH BUTTERFLIES—RECIPES FOR LAMB—NOVELTIES—CYNTHIA—QUERIES

MRS. WILSON TELLS HOW TO COOK LAMB

A Delicious Stuffed Shoulder, a Baked Eminec and Curry—How to Tell the Difference Between Mutton and Lamb—Recipes for Sauces

By MRS. M. A. WILSON

THE season for spring lamb is from January to July. Just about this time of the season it is in its prime. The meat is delicate and, while less nutritious than mutton, is delicious.

Yearling is a splendid choice for this meat. It is fully as nutritious as mutton, without the excess fat of the mutton. Fat mutton frequently disagrees with persons of delicate digestion and therefore should be discarded from the menu, and the yearling should be substituted.

Our choice mutton is raised in Virginia, Pennsylvania and North Carolina, while that which comes from Wisconsin is of splendid quality. Canada also sends us some fine meat.

Prime mutton is large and heavy, the fat firm and white and the flesh a deep red in color and very finely grained. This meat contains fully as much nutriment as beef.

Soups and broths made from mutton when the fat is removed are very wholesome and are frequently ordered in diets by physicians. Mutton should be hung for a short period to ripen, but lamb should be used a short time after it is dressed.

The cuts in a side of lamb or mutton usually number six: (1) the neck; (2) the chuck, which includes some of the ribs as far as the shoulder blade; (3) the shoulder; (4) the flank or breast; (5) the loin, and (6) the leg.

In some parts of the country the butcher makes a cut, using the rack end of the loin and chuck for making the rib or French chops. The term chops is intended to designate meat cut from the rack or loin into chops, preferably one and one-quarter inches thick. Where the meat is cut with nine ribs on the loin the shoulder and balance of the chuck is cut into chops for pan-frying or broiling. These chops require longer time for cooking than those cut from the rack or loin.

Accompaniments for Lamb and Mutton

Serve with a roast shoulder or leg of lamb mint sauce, green grape jelly, peas or asparagus and baked potatoes. With mutton or lamb chops serve green grape jelly, mint or currant jelly.

Mutton may be boiled and served with caper or scotch (onion) sauce, currant jelly sauce, boiled or mashed potatoes, peas, string beans, asparagus, stuffed tomatoes and coleslaw.

How to Distinguish Between Lamb and Mutton

Look at the first joint above the hoof. In lamb this joint is serrated or tooth-shaped when broken, while in the yearling and mutton it is the smooth oval ball-and-socket joint.

In lamb the bones are pinkish in color; in mutton the bones are a blue-white color. The pinkish-colored skin should be removed from lamb and yearling before cooking. This skin contains the woolly flavor.

Bone and Stuffed Shoulder of Lamb

Have the butcher bone the shoulder of lamb and then wipe with a damp cloth. Now prepare a filling as follows. Mince fine sufficient parsley to measure one-half cup. Place in a bowl and add:

- One green pepper, minced fine.
Two onions, minced fine.
One cup of fine bread crumbs.
Two teaspoons of salt.
One teaspoon of pepper.
One-half teaspoon of sweet marjoram.
Mix and then spread the filling

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—I expect to have a birthday party. I am sixteen years old and expect to have sixteen couples, so would you please tell me what would be nice for luncheon? Would you have any decorations? A READER.

See Violet luncheon, Easter week. My dear Mrs. Wilson—Will you please tell me how to make molasses jumbles, something of the consistency of the "bolivars" of our youth? I have tried various recipes, but the result is always hard, and I want soft jumbles for a dear old lady. Appreciating any help you may give, I am, E. A. B.

Use level measurements. One cup of molasses, One-half cup brown sugar, Eight tablespoons shortening, Two teaspoons ginger, One level tablespoon cinnamon, One-quarter teaspoon cloves, One level teaspoon baking soda, One-half cup sour milk, One egg, Six cups sifted flour.

Work to smooth dough, place on ice or in cool place to blend overnight, roll out one-half inch thick, cut and bake in moderate oven ten minutes. Cover with damp cloth hung from boiling water for few minutes to soften. Keep in closely covered tin box. My dear Mrs. Wilson—Will you give me a recipe for a white thick filling that is used in coconut cake. The filling is also used on the cake. It is not hard

Ask Mrs. Wilson If you have any cookery problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

or lemonade for a supper of this kind? I will greatly appreciate any suggestion you may make and thank you in advance for your assistance. Mrs. B.

Menu for Supper Cold Cut Ham Potato Salad Coleslaw Strawberry Shortcake Tea This menu can easily be prepared at this price.

Allow one and one-half ounces of cold boiled ham for each person. One quart of potato salad will serve five.

Use either sponge cake or sweet biscuit dough for shortcake. A hot beverage, either tea or coffee, is appropriate with above supper.

To prepare a chicken-salad supper you must have at least fifty cents per person. My dear Mrs. Wilson—Your article some nights ago on accurate measurements interested me very much. After many repeated attempts at cake baking I have become quite discouraged, for they are invariably absolute failures.

After reading your article and seeing a recipe in your column for chocolate layer cake I tried once more, being painfully careful that my measurements were correct, but the cake, as usual, was rough and heavy. I creamed the butter, sugar and yolks well, added the stiffly beaten white last and beat the latter several minutes. I didn't disturb the cake while in the oven so as to cause falling.

I have known persons who make delicious one-egg cake, apparently without any effort or much beating, and I should certainly love to know the secret. Any suggestions you are kind enough to offer as to the cause of this failure would be greatly appreciated. E. W. H.

Your cake will always be a failure if you beat it after the mixing. You say that you creamed the butter, sugar and eggs; therefore, you failed to follow the recipe. The recipe reads:

Three-quarters cup sugar, Yolks of two eggs. Cream until light lemon color; this usually requires fifteen minutes, no more. Beating is required. Now do as recipe tells you; it says, then

Four tablespoons shortening. Now, this shortening may be butter, vegetable cooking oil or well-rendered fat or butter substitute. If fat is solid it must be beaten to cream with sugar and eggs. Now add:

Two cups of sifted flour. This means sifting flour into bowl. Fill in measuring cup with table-spoon, filling high, then level with knife (do not shake or pack down), then add

Four level teaspoons baking powder, Three-quarters cup water. Beat to mix; just this much and no more. Beat whites of eggs until stiff, lift carefully on to cake dough in bowl. Now cur down through, turning over the dough, then turn bowl half way around, cut again. Repeat until whites of eggs are thoroughly put in (do not beat), lift into pans and bake in moderate oven thirty minutes.

My dear Mrs. Wilson—I just feel you are a dear, good friend of mine. I read religiously your articles and recipes. I am busy preparing appetizing and healthful food for the family and you have helped me so much, and now I would like to ask you some questions. We like waffles with chicken fricassee. The waffles cook most temptingly, but when you eat them they seem tough. Is too much flour used? My recipe does not say the amount of flour. My mother used to make waffles that she served as cake for tea. They were sweet, of course, and delicious. I have failed to find such a recipe and thought you might give me one. I am disappointed that butter laid down carefully last fall seems strong. Now, when I opened what can I do with it to make it more palatable? Thanking you in advance for any answer you may make me through the column of your paper, I am, your friend, A. W.

Try this: Place in saucepan One and one-half cups sugar, One-half cup corn sirup (Cicite), One-half cup water, One-half teaspoon cream of tartar.

Mix well. Bring to a boil, cook until it forms a very soft ball when dropped in cold water. Remove from fire and pour in thin stream upon stiffly beaten whites of egg. Care in cooking sirup to proper temperature will insure success if you use a candy thermometer for testing sirup. Cook to 230 degrees.

My dear Mrs. Wilson—Next week I have to serve a 6 o'clock supper to about forty at the price of about forty cents per person. Can you help me out, as I do not know how to order for so many? First, what would you suggest as a good menu, which must be more or less filling? I have thought of chicken salad with bread-and-butter sandwiches for the main course. If I should decide to have this, how many pounds of chicken will I need? How much celery etc.? Will you kindly publish a recipe for chicken salad and for the salad dressing, and tell me the most attractive way to serve it? What is a good refreshing punch

DO YOU WASTE TIME WASHING DISHES?



There are ways and ways to wash dishes. These pictures represent the two extremes. Between this method and lack of method are various amounts of lost motion. The article below shows how time is gained and lost

NO WOMAN is fond enough of dishwashing to spend any more time over it than is necessary, and yet from lack of planning many hours are squandered over the dishpan. If you accuse a housekeeper of wasting time over that task, the retort is likely to be, "Waste time washing dishes? I should say not. I don't like to wash dishes that well. I hustle through them as fast as I possibly can, but even then it does seem to take hours." Would it, if she had used her brains as well as her hands?

"Working Like a Whirlwind" There are women who start cleaning a room as though they were going to be through within the next ten minutes, but instead, the work hangs on for the next two hours. Why? Because all the hurrying was creating more work every minute. They sweep as a whirlwind does—and with much the same result.

For this kind of a housekeeper satisfaction lies in studying her methods, observing whose time and effort has been wasted and then standardizing her tasks. "One of the best ways to observe yourself," says the office of home economics of the United States Department of Agriculture, "is to make a time-and-motion study of the different duties about the house. It will add zest to the housework, help to make you see measures necessary for your own reform and make you ready to assist an inefficient neighbor."

How to Find Best Way A time, method and motion study sounds much more formidable than it is. Take the task of dishwashing, for instance. You have done it in many different ways and probably have wondered which method was really best. To find out, try one method each day, keeping accurate count of the motions necessary and the time taken up.

Looking at the accompanying sample record shows that on Thursday, Friday, Saturday and Sunday the methods saved more time than those of Monday, Tuesday and Wednesday. On the days whose time was saved you washed the pots and pans while you were preparing dinner. You will also note that stacking dishes very carefully, washed them in order, drained china until dry, wiped silver and glassware and silver and

STUDY OF WASHING DINNER DISHES

Table with columns: Day, Method, Number of Minutes. Rows include Monday (Stacked in order at right of pan—glassware, silver, china, pots and pans. Washed dishes then wiped them... 48), Tuesday (Did not stack dishes. Washed dishes as they happened to be piled, then washed pots and pans. Wiped all dishes... 55), Wednesday (Washed pots and pans while preparing dinner. Stacked dishes. Washed and wiped dishes alternately... 35), Thursday (Washed pots and pans while preparing dinner. Stacked, washed and wiped all table dishes, glassware and silver and... 10), Friday (Same as Thursday and noted that the repetition of method saved time... 30), Saturday (Washed cooking pans while preparing dinner... 15), Sunday (Note—More dishes than usual. Washed cooking pans while preparing dinner... 15). Total for each day is listed.

Please Tell Me What to Do

By CYNTHIA

What Do You Think? Dear Cynthia—I would like to appeal to your readers for a few opinions concerning questions which trouble me greatly. If a young lady invites a young man to spend the evening with her at her home (including other friends present) and after he has accepted her invitation a very good reason prevents him from coming at the last minute, but it up to the young man to show the lady that he has appreciated her invitation by asking her to go out with him, or some such invitation? Or should the lady again invite him to her home? I wish I could ask your readers, especially the male folks, what they do when they cannot accept a girl's invitation. Another question: Why is it that girls and boys of Philadelphia are all so very willing to accept invitations, but are so very slow to return such invitations? If it is fair, isn't it to expect a few invitations when you have given friends and times? Speak up, my young folks of Philadelphia, why is it?

A GOOD-TIME SEEKER. Kitty is Disgusted Dear Cynthia—Just a word to the "male" readers of your column: Really, you men or boys, or what-ever you happen to be, I've just about given you up as a hopeless proposition. I don't think there are two of you alike. This is the trouble: A girl knows a boy who tries to kiss her every time he is alone with her. She refuses each time, and soon he gives her up in disgust and goes on to some one who can furnish more amusement for him. She knows another boy who nets in somewhat the same way, and this time she returns it.

Well, that seems to suit him all right for a while, and then he gets up and walks off. There you are. What can a girl do? Personally, I've sworn off the whole business, even if I do have to lose some friends for it. It seems to me that nearly every boy between sixteen and twenty fits in to one of these two cases, although there are a few exceptions for which I am mighty thankful.

Somehow I can't help thinking that at heart you really like the one who "spurns" you, as it were, and that you really only do it for the sentimentality of it. Am I right? If I am, and I think I am, for goodness sake, find something better to do, or you won't have any left for the "only" girl when she comes along. Sincerely, KITTY.

COOKS QUICKLY FOULDS CURLY-Q MACARONI FITS THE FORK ASK FOR and GET Horlick's The Original Malted Milk For Infants and Invalids OTHERS are IMITATIONS

WOMEN WANTED TO LEARN WELL-PAYING TRADE WE work 44 hours per week in well-ventilated, sanitary and hygienic workshops. EXPERIENCED workers earn \$15.00 to \$30.00 per week. THE average woman can learn and become experienced inside of one month. WE WILL PAY YOU WHILE LEARNING WATCH WANT AD COLUMNS OF MORNING AND EVENING LEDGER FOR OPERATORS AND LEARNERS OF WAISTS, DRESSES AND CHILDREN'S DRESS MANUFACTURERS

THIS GIRL MADE A FORTUNE WITH HER BUTTERFLIES

Kimena McGlashan Didn't Know a Thing About Them Until She Decided to Make Her Living That Way

THAT a woman can make money in many an odd way is clearly shown by the little California girl who is sometimes styled the world's greatest butterfly farmer. When this particular girl finished school, the normal school it was, the only thing that lay before her was the position of school teacher right there near her home. This didn't appeal.

While she was wandering out in the fields one summer day not long after graduation a bevy of lovely beautifully colored butterflies caught her eye. She watched them and watched them. Then suddenly a thought came into her head. She would make a business of catching and selling butterflies.

THE rest of the story is highly interesting. The girl armed herself with the net and the rest of the small apparatus necessary for capturing butterflies. Of course it was not easy at first, for she was out after perfect specimens, as it is with these the money lies. Any amount of patience and resolution to keep on in spite of any discouragement must have gone into the passing of those first few weeks. It is

thirteen pieces, including a good-sized center piece, is neatly scalloped, and has an artistic design of eyes and solid dots. It is a particularly well-liked pattern, and the price of the set is but \$4.95.

Guess what a travelotee is? Well now, let me see if I can describe it for you. It consists of a snug case about six or eight inches long by three to four inches wide. Inside you will find a little bottle of toilet water, a tube of cleansing cream, a tin of talcum powder and some tooth paste. They are of a well-known and liked make, and they are just what you need for a week-end trip. I will admit that the case itself is what attracted me in the first place. It is a leather-finish affair, and comes in black, gray or bright red, and the cost is but twenty-five cents, plus two cents war tax. These cases—travel-ettes—are very new. In fact, the shopkeeper was just putting the prices on them as I was passing.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Ledger, or phone the Woman's Department, Walnut 3000.

Holland Rusk - Baby Loves it Crush a "Rusk," soak with boiling milk—a nourishing food for baby whose digestion won't assimilate other foods. The big, rugged, husky babies of Holland have eaten it for years. Pins for grown folks, too. Invalids and convalescents thrive on it. Doctors recommend it. Takes the place of bread in all its uses. Grocers sell it—large packages 15c. Made only by Holland Rusk Company Holland, Michigan Makers of O-Joy Custard Desserts

RUUD WATER HEATERS Getting Into Hot Water It's easy if you have a Ruud. Just as easy and lots more fun than getting into cold water. It's economical, too, for with a Ruud there's no fuel wasted nor boiler to keep hot. Just turn the faucet. BARTLETT & CO. 1938 MARKET ST.

WOMEN WANTED TO LEARN WELL-PAYING TRADE WE work 44 hours per week in well-ventilated, sanitary and hygienic workshops. EXPERIENCED workers earn \$15.00 to \$30.00 per week. THE average woman can learn and become experienced inside of one month. WE WILL PAY YOU WHILE LEARNING WATCH WANT AD COLUMNS OF MORNING AND EVENING LEDGER FOR OPERATORS AND LEARNERS OF WAISTS, DRESSES AND CHILDREN'S DRESS MANUFACTURERS